

# Week Planner

Try and do one activity every day. Mark it on your planner and cross it off when you have done it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Here are some suggestions for things to do:



Clean the cooker



Mow the lawn



Help a neighbour or be a volunteer



Join a club



Take the kids to school



Go to the park for a walk

**YOUR REDUNDANCY RIGHTS.** For independent advice on your legal rights contact ACAS on 0300 123 1100 or visit the Citizens Advice website: [citizensadvice.org.uk/work/leaving-a-job](https://citizensadvice.org.uk/work/leaving-a-job)

**WE RECOGNISE THAT WOMEN TOO ARE AFFECTED BY REDUNDANCY.** Many of the services signposted within this leaflet are available for women too, however if looking for specific women-centred services then please see the following website: [womenslivesleeds.org.uk](https://womenslivesleeds.org.uk), where you can search a Women's Services Directory.

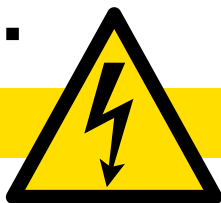
## Self-help for men who have been made redundant.

A Health Guide to Dealing with Job Loss.



# You May Be Feeling...

**Shock**



**Sadness or Depression**

**Uncertainty or Boredom**



**Worry or Anger**

**Relief and Excitement**



**Hard Done By**

**REMEMBER!** Redundancy is a business decision – try not to see it as something personal.

# Getting Help...

## MindWell

Mental health info and services in Leeds: a great place to start if you are feeling down  
[mindwell-leeds.org.uk](http://mindwell-leeds.org.uk)

## Forward Leeds

For help with drugs or alcohol issues  
[forwardleeds.co.uk](http://forwardleeds.co.uk) / 0113 887 2477

## Leeds Community Gambling Service

For help with gambling problems  
[gamcare.org.uk](http://gamcare.org.uk) / 0808 8020 133

## Money Buddies

Free local debt and budgeting advice  
[moneybuddies.org.uk](http://moneybuddies.org.uk) / 0113 2350276

## Turn to Us - Benefits calculator

[turn2us.org.uk/Get-Support](http://turn2us.org.uk/Get-Support)

## Relate

To help with relationship problems  
[relate.org.uk](http://relate.org.uk) / 01274 726 096

## Behind Closed Doors

For help with domestic abuse  
[behind-closed-doors.org.uk](http://behind-closed-doors.org.uk) / 0113 246 0401

## Men's Domestic Abuse Hotline

[mensadviceline.org.uk](http://mensadviceline.org.uk) / 0808 801 0327

## Samaritans

If you are feeling suicidal  
[samaritans.org](http://samaritans.org) / Call 116 123

## Shout

Listening service  
[giveusashout.org](http://giveusashout.org) or text 85258

## Let's Unlock

List of activities and events aimed at men  
[forumcentral.org.uk/mhu](http://forumcentral.org.uk/mhu)

## Men's Activities and Service Hotline (Touchstone)

07435 919 837

# Next Steps?

**To build a future, you need to put down some bricks!**

**! Look after yourself** - good food, exercise and leisure, and don't suffer alone!

**! Join a men's club**  
(visit [forumcentral.org.uk/mhu](http://forumcentral.org.uk/mhu) for a list of local clubs)

**! Pick up an old hobby... or learn a new one**

**! Volunteer**

**! Keep active**

**! Keep a diary** - good for looking back and seeing how you have moved forward